

LYNN COUNCIL ON AGING SENIOR CENTER



**MAY
2012**

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

Just a few updates to keep you informed.... We are in planning mode! We are looking at some day trips to offer. We are also taking suggestions for smaller field trips or lunch trips. We are focused on a major fundraising effort to support our annual Independence Day BBQ which is scheduled for July 3rd, in the outside parking lot and inside the senior center. At the BBQ, we are also pulling the lucky winners of the IPAD raffle. Tickets are \$1 each or a book of six for \$5. We will be selling these tickets during the BBQ up until 1pm. Bring your address labels and make it a breeze to fill out your raffle tickets!

We are currently seeking a sponsor for our upcoming Casino Night scheduled for Friday, October 12th at the Knights of Columbus, 7pm - 10pm. Tickets for this event will go on sale September 4th, \$10 each. This is a fundraising event hosted by our FRIENDS of the Lynn Council on Aging open to the public to raise money to support senior center activities. Mark your calendar!

From Your Mayor

We were fortunate enough to usher in an early spring this year, and I hope all of you have been enjoying the warm weather.

Last month, Lynn joined Rockport, Gloucester's Rocky Neck, Boston's Fenway neighborhood and Pittsfield as the state's first group of designated Cultural Districts, approved by the Massachusetts Cultural Council. It was an exciting announcement, and validation of all of the exciting arts and cultural events that are taking place in our own downtown. Stopping points within Lynn's newly designated Central Exchange Cultural District include Lynn Arts, RAW Art Works, the Lynn Museum & Historical Society, the Lynn Auditorium and other artist loft and exhibit space in Central Square.

This month at the Lynn Auditorium, "Menopause the Musical" will be playing May 3-6. Latino performers Angela Carrasco and Jeanette will perform on May 27. For tickets, please visit www.lynnauditorium.com, call the Lynn Auditorium box office at 781-581-2971, or purchase them at the box office, Lynn City Hall Room 311.

The Lynn Museum & Historical Society will be hosting an Antiques & Collectibles Auction on Thurs., May 3 and a yard sale on Sat. May 5 from 10 a.m. to 1 p.m. Currently on display at the museum is a compelling exhibit that expresses the heroic accounts of local survivors of the Khmer Rouge in Cambodia. Later this month, we will commemorate Memorial Day and my thoughts are with all of you who have lost loved ones who have given their lives for our country. Finally, I wish all mothers and grandmothers a very happy Mother's Day. May you enjoy the day with your families.

Best wishes,
Mayor Judith Flanagan Kennedy

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Lynn Council on Aging Senior Center

Publication funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello, Director
 Rosa Paulino-Diaz, Assistant
 Kristi Harris, Assistant

Hours of Operation:

Monday thru Friday
 8 a.m. to 4 p.m.

LCOA Board of Directors

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 monthly at
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Vice-President

Treasurer

Secretary

Financial Secretary

Meets last
 Thursday
 monthly at 10 am

Friday, May 11th—In honor of Mother's Day

Live Entertainment

Tommy Rull

11:30 am – 12:30 pm



Sponsored
 partly by the
 Lynn Cultural
 Council.

Jewelry by Carole
Handmade jewelry
Items for sale



10 am –
 12 pm

May Happenings

Tues, May 2	Mr. Specs Eye Glass Clinic	10:00 a.m. – 11:00 a.m.
Tues, May 1	Birthday Karaoke	11:30 a.m. – 1:00 p.m.
	50/50 raffle to support FRIENDS of LCOA	
Weds, May 2	FOOD STAMPS	9:00 a.m. – 3:00 p.m.
Weds, May 2	<u>Field Trip:</u> Braintree Mall \$2	10:30 a.m. – 2:30 p.m.
Weds, May 2	<u>Strength & Balance Exercise Class</u>	11:30 am -12:15 pm
Thurs, May 3	TRIAD- Senior Safety	10:00 a.m.
	@ Harbor Loft Vamp Building	
Thurs, May 3	Take Off Pounds Sensibly	10:00 a.m. – 11:00 a.m.
Fri, May 4	<u>Strength & Balance Exercise Class</u>	11:30 am -12:15 pm
Mon, May 7	<u>Lunch Trip:</u> Uno's Pizzeria, Swampscott	11:00 a.m. – 1:30 p.m.
Tues, May 8	Blood Sugar AND Blood Pressure Clinic	8:00 a.m. – 9:30 a.m.
	"Lucy Booth" Open! Large Activity Room	
	Nurse available for your questions.	
Tues, May 8	<u>Photo Club</u> trip to Gloucester/Rockport	8:30 am – 1:00 pm
Tues, May 8	Free Seminar! Corning Owens Walk in Baths	10:00 am – 10:40 a.m.
Weds, May 9	Coffee House – sponsored by NSCC	11:30 am Game Room
Weds, May 9	<u>Strength & Balance Exercise Class</u> \$5	11:30 a.m. – 12:15 p.m.
Thurs, May 10	Taking Off Pounds Sensibly	10:00 a.m. – 11:00 a.m.
Fri, May 11	Jewelry by Carole	10:00 a.m. to 11:00 a.m.
Fri, May 11	Live Entertainment- Tommy Rull	11:30 am – 12:30 pm
Fri, May 11	<u>Strength & Balance Exercise Class</u>	11:30 am -12:15 pm
Fri, May 11	Massage Therapy Appointments \$5	1:00 p.m. – 3:00 p.m.
Mon, May 14	Horseracing & lunch at Kings Beach Towers	9:30 a.m. – 12:30 p.m.
Tues, May 15	MOHEGAN SUN CASINO \$25	7:00 a.m. -6:30 pm
	\$10 Food or Buffet \$10 Keno Bet	
Weds, May 16	<u>Lunch Trip:</u> Red's Sandwich Shoppe, Salem \$2	10:30 a.m. – 2:00 p.m.
Weds, May 16	<u>Strength & Balance Exercise Class</u> \$5	11:30 a.m. – 12:15 p.m.
Thurs, May 17	Podiatry Appointments	10:00 a.m. – 12:00 p.m.
Thurs, May 17	Taking Off Pounds Sensibly	10:00 a.m. – 11:00 a.m.
Thurs, May 17	Penny Sale FRIENDS of LCOA	12:00 p.m. – 1:00 p.m.
Fri, May 18	Free seminar!	9:30 a.m. 10:30 a.m.
	Met Life: "Small policies for final expenses"	
	Coffee and donuts for participants-	
Fri, May 18	Boston Food Bank: Brown Bag	10:00 a.m. – 12:30 p.m.
Fri, May 18	<u>Strength & Balance Exercise Class</u> \$5	11:30 a.m. – 12:15 p.m.
Mon, May 21	Women's Group Meeting	11 am
Tues, May 22	<u>Field Trip:</u> Shopping, Lunch and Ice Cream \$2	10:00 a.m.2:00p.m.
	Christmas Tree Shop, Polcaris, Cold Stone Creamery	
Weds, May 23	<u>Free Seminar-</u> Know your rights-Medicare claims	9:30 a.m. – 10:30 a.m.
	SMP-Senior Medicare Patrol	
Weds, May 23	<u>Strength & Balance Exercise Class</u> \$5	11:30 a.m. – 12:15 p.m.
Thurs, May 24	Lunch Trip: Castle Island \$2	10:30 a.m. – 2:30 p.m.
Fri, May 25	<u>Strength & Balance Exercise Class</u> \$5	11:30 a.m. – 12:15 p.m.
Fri, May 25	Massage Therapy Appointments \$5	1:00 p.m. – 3:00 p.m.
Mon, May 28	Holiday: Memorial Day	CENTER IS CLOSED
Weds, May 30	<u>Strength & Balance Exercise Class</u> \$5	11:30 a.m. – 12:15 p.m.
Thurs, May 31	Lunch & Horse Racing at Abbott House \$2	10:30 a.m. – 1:30 p.m.
Fri, June 1	<u>Strength & Balance Exercise Class</u> \$5	11:30 a.m. – 12:15 p.m.
Tues, June 26	SR. MBTA PASS-	9am -11am
	applications and photo processed onsite	

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MAY 2012

MAY 2012				
Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Roast Pork w/ Gravy Oven Roasted Potato Stewed Tomatoes Muffin/Chilled Fruit ALTERNATIVE Chicken Florentine</p>	<p>2</p> <p>Rib-B-Q/ BBQ Sauce Corn Pudding Carrots Fresh Fruit ALTERNATIVE Haitian Turkey</p>	<p>3</p> <p>Potato Chowder Meatball Calzone/Sauce Tossed Salad Chilled Fruit ALTERNATIVE Sweet & Sour Chicken Tenders</p>	<p>4</p> <p>Chicken Stir Fry Steamed Rice Stir Fry Veggies Jell-O ALTERNATIVE Spanish Beef/Yellow Rice</p>
<p>7</p> <p>Turkey Kielbasa/Roll Peppers & Onions Home Fries Chilled Fruit ALTERNATIVE Omelet/ Cheese Sauce</p>	<p>8</p> <p>Lasagna/ Meat Sauce Green Beans & Red Pepper Pudding/Topping ALTERNATIVE Mushroom Quiche Potato</p>	<p>9</p> <p>Potato Crunch Fish/ Sauce Lyonnaise Potatoes Fiesta Veggies Chilled Fruit ALTERNATIVE Salisbury Steak/ Gravy</p>	<p>10</p> <p>Garden Veggie Soup Egg Salad/WW Bulkie Roll Potato Salad Fresh Fruit ALTERNATIVE Turkey Salad/Roll</p>	<p>11</p> <p><u>Mothers Day Special</u> Broccoli Stuffed Chix Supreme Baked Potato Veggie Medley Snowflake Dinner Roll Raspberry Cookie</p>
<p>14</p> <p>Macaroni & cheese Spinach Garlic Roll Chilled Fruit ALTERNATIVE Beef Strip Steak/Potato</p>	<p>15</p> <p>Honey Mustard Chicken Leg Quarter Cheddar Whipped Potato Italian Blend Veggies Muffin/ Jell-O ALTERNATIVE Mushroom Quiche/ Potato</p>	<p>16</p> <p>Stuffed Pepper w/ Sauce Diced Buttered Potatoes Butternut Squash Chilled Fruit ALTERNATIVE Chicken Marsala</p>	<p>17</p> <p>Italian Wedding Soup Shaved Roast Beef Tossed Salad Fresh Fruit ALTERNATIVE Seafood Salad</p>	<p>18</p> <p>Roast Turkey w/Gravy Sweet Potato Peas & Mushrooms Cake ALTERNATIVE Liver & Onions</p>
<p>21</p> <p>Sweet & Sour Meatballs Lo Mein Roman Blend Veggies Brownie ALTERNATIVE Veggie Quiche/ Potato</p>	<p>22</p> <p>Seafood Cake w/ Sweet Red Pepper Sauce O'Brien Potatoes/ Carrots Muffin /Chilled Fruit ALTERNATIVE Salisbury Steak/Gravy</p>	<p>23</p> <p>Cranberry Glazed Boneless Chicken Whipped Potatoes Scandinavian Blend Veggies Pudding ALTERNATIVE Ravioli/Meat Sauce</p>	<p>24</p> <p>Veal Cacciatore Steamed Rice Italian Green Beans Chilled Pineapple ALTERNATIVE Tangerine Chicken</p>	<p>25</p> <p>Hamburger/Roll Cheese/ Lettuce/Tomato Potato Salad/ Corn Watermelon ALTERNATIVE Grilled Chicken Sandwich</p>
<p>28</p> <p>HOLIDAY NO MEAL SERVICE</p>	<p>29</p> <p>Tyson Chicken Tarragon Brown Rice Pilaf Green & Golden Beans Mandarin Oranges ALTERNATIVE Dominican Beef Stew</p>	<p>30</p> <p>Meatloaf/ Onion Gravy Cheddar Whipped Potatoes Tuscan Veggies Jell-o ALTERNATIVE Chicken Paprika</p>	<p>31</p> <p>Cream of Broccoli Soup Sliced Turkey/ WW Pita Tossed Salad Fresh Fruit ALTERNATIVE Seafood Salad</p>	

SENIOR CENTER ACTIVITIES • MAY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:00-11:00 COMPUTER CLASS: INTRO	9:45-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
10:45-12:30 LUNCHEON	10:00-11:30 OIL PAINTING CLASS	9:30-11:00 ARTS & CRAFTS	10:00-11:00 T.O.P.S.	9:30-11:00 KNITTING & CONVERSATION
11:15- 12:15 COMPUTER CLASS: NTERNET	10:45-12:30 LUNCHEON	9:30-10:30 BEGINNER'S TAP	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON
12:00-1:00 MEN SPORT'S CLUB	12:30-2:30 CRIBBAGE	10:45-12:30 LUNCHEON	10:30-12:00 ACRYLIC PAINTING	11:30-12:15 EXERCISE CLASS
1:15-2:45 BINGO	1:00-2:45 POKENO	11:30-12:15 EXERCISE CLASS	12:45—1:45 Line Dancing Zumba	1:15-2:45 BINGO
		1:00 – 3:00 MOVIE	1:00-3:00 JAPANESE BUNKA EMBROIDERY	
		1:00-3:00 'PENNY ANTE' POKER	2:00-3:00 HORSE RACE GAME	

Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through out JCAHO accreditation.

Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.

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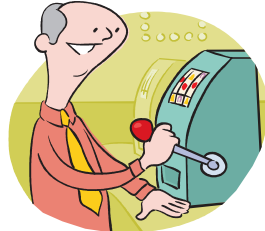
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Departs from Lynn
Senior Center

Mohegan Sun
May 15th
 \$25
 7 am - 6:30 pm



Trips

Save the Date! June 12th
"Mohegan Sun & The Hit Men"

\$75 includes bus, food credit, Free bet and show!
 Leaves Lynn Senior Center at 7am
 Spend first stop at Mohegan
 Garde Arts Theatre for

"THE HIT MEN"

Franki Valli and the 4 Seasons, Tommy James &
 The Shondells, The Critters and more.

Some of the original singers on stage!
 Seating is assigned in order of payment! Sign up soon. Final
 payments must be in by May 7th.

Cooking for #1

The Lynn Council on Aging Senior Center proudly announces a free cooking program for seniors. Learn how to create affordable, healthy, tasty meals with hands on instructions with professional chef, Robin Lang. Each program is four classes. Class size is limited to six students and will take place in the large activity room at the senior center. The classes are progressive in such students are expected to attend all four classes to fully benefit from the program.

Register for the next session!

****PLEASE NOTE TIME CHANGES****

- #1 Friday, May 4 3pm - 4pm
Classroom session discussing menu planning, food prep, and budgeting
- #2 Friday, May 11 1pm - 3 pm
Field Trip to Stop & Shop, learn to understand labels, how to choose good food at reasonable prices with coupons and flyers. Meet at senior center; bus leaves promptly at 1pm.
- #3 Friday, May 18 3:30 pm - 5 pm
Hands on cooking demonstration at the Lynn Senior Center.
- #4 Friday, May 25 3pm - 4pm
Questions and Answers classroom review

Please RSVP to Kristi at 781-586-8618.

****Participants must be aware - This class will be taped for cable TV. Consent forms required.****



MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn and Soda Wide Screen Plasma Home Theatre System

May 2	Dolphin Tale	PG	2011
May 9	Oklahoma!	G	1955
May 16	One Day	PG-13	2011
May 23	Sound of Music	G	1965
May 30	Hugo	PG	2011

Don't be shy! Let us know if there's a movie you would like to see!



RAFFLE! RAFFLE!

\$1.00 per chance or 6 for \$5.00

1st prize iPad2

2nd prize \$100

3rd prize \$50

Sponsored by
the **FRIENDS of LCOA**

Drawing to be held
July 3, 2012

Please Note Change

The GLSS nursing wellness office hours will be combined starting May 8th.

One session will be held on the second Tuesday of every month. This will now be held in the large activity room from 8:00 am – 9:30 am. Blood pressure and blood sugar screenings will be performed during this monthly offering.

Final Expenses

Small Policies

Know your options.

Metropolitan Life Insurance

Game Room - May 18th

9:30 am - 10:30 am

Breaking the Silence:

Voices of Hope

~An elder abuse play~

May 22nd 9am - 11am

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Place Your Ad

WELLNESS WATCH

Colorectal Cancer- Screening Saves Lives

(Adapted from Centers for Disease Control and Prevention Brochure)

Among cancers that affect both men and women, colorectal cancer is the second leading cancer killer in the US. But it doesn't have to be.

Colorectal cancer is cancer that occurs in the colon or rectum. The colon is the large intestine or large bowel. The rectum is the passageway connecting the colon to the anus.

The risk of cancer increases with age. If you are 50 or older, talk with your doctor about being tested and the appropriate screening for you.

Colorectal cancer starts with a polyp or growth that is not yet cancer. Screening tests can find polyps so they can be removed before they turn to cancer. Most people who have these growths removed never get colon cancer. Screening tests also can find colorectal cancer early, when the chance of being cured is good.

Precancerous polyps and early-stage colorectal cancer don't always cause symptoms, especially at first. That is why a screening test is so important. Someone can have polyps or colorectal cancer and not know it. Also check with your doctor if you have: **Blood on or in your bowel movement; Stomach aches, pains or cramps that won't go away; Weight loss and you don't know why.** You owe it to yourself and the people who love you to take care of yourself.

If you are living with colorectal cancer you may have experienced a number of changes in your life. **Help is available. Talk with your doctor. Seek out information. Participate in a *My Life, My Health workshop.**

Resources

- Asking about colon cancer testing is not always easy. The American Cancer Society can help. Call 1-800-ACS-2345 at any time for more information about the tests, suggestions on talking with your doctor or just share your concerns.
- Contact the Center for Disease Control and Prevention for free information. 1-800-232-4636 or www.cdc.gov/screenforlife

Susan H. Brown RN, GLSS Community Education Nurse 781-586-8568 ext. 568

Re-Image your Life

Tired of being tired, anxious, or in pain? Unsure about how to best handle an ongoing health condition? Try something new. Join **My Life, My Health** workshop and discover fresh, practical ways to live better and healthier.

***My Life, My Health** is a six week 2 ½ hour workshop for adults of any age who are living with the challenges of one or more persistent health conditions. Conditions such as diabetes, arthritis, high blood pressure and cancer are among the many health conditions that share common challenges. The workshops provide information and skills that will help you manage the challenges and add more enjoyment to your life. Share what you know and learn from others.

**New workshop forming at Union Hospital
Beginning Friday May 11, 2012 1:30-4:00pm**

Contact: Mary Carideo 781-586-8527 mcarideo@glss.net

*Sponsored by Greater Lynn Senior Services, Inc. in collaboration with North Shore Medical Center
Stanford University Chronic Disease Self-Management Program

House Cleaning

S W E E P I N G N I P P O M M B N W B F N R T E
 L A I R E T C A B I T N A E L C O T I D Y T K P
 A E R E F F I W S U D G O P A O R X G P X D X P
 C G S G A R B A G E I H S I L O P F N G E R M S
 I N N N P G N X C C I W C K T R A O I B D F Y L
 M O K A Z N S L E W O T R E P A P Y R D N U A L
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 H W R R R D P U P K L Q N A P I C K I N G U P I
 M O O R B G O V E E D O G V C A R P E T S R A S
 Z F I L T H Y T S U I A Q H U F O R O S I E O G

dusting	windows	fresh	paper towels
sweeping	vacuum	fix	broom
mopping	carpets	bubbles	water
Swiffer	put away	sponge	garbage
rags	laundry	brush	rearrange
scrubbing	wax	clean	debris
Windex	wipe	spring	neat
chemicals	bucket	arrange	tidy
ammonia	trash	germs	organization
polish	Pine-Sol	antibacterial	apron
furniture	filthy	soap	housework
picking up	grease	refill	
declutter	shine	Magic Eraser	

ANNOUNCEMENTS!**FRIENDS of LCOA
Penny Sale**

Thursday, May 17th
12pm -1pm

LGBT Social Hour

Thursday, May 17th
3pm – 4pm

Lynn Senior Center
No rsvp required
Light refreshments

SMP-Senior Medicare Patrol

Wednesday, May 23rd
9:30 am -10:30 am
Game Room

Free seminar about Medicare!
Empowering seniors to prevent health-
care errors, fraud, and abuse.

Senior T Passes

Lynn Senior Center
Tuesday, June 26th
9am -11 am

**Thank you to the Baker School of
Chestnut Hill** for donating free energy
efficient light bulbs to us again. Third
through six graders sold flower bulbs to
raise money to purchase the light
bulbs. Thank you!

Thank you for your generous donation
~Joseph Burke

Thank you for your donation
~Gwenn Cann

Thank you for donation!
~Nickey's Pizza

Thank you Neddy for caring and
returning my pocketbook.
Your honesty is appreciated!
~you know who~

COMPUTER CLASSES

**Lynn Senior Center - Computer Room, 1st Floor
8 Silsbee Street, Lynn / 781-586-8503**

All courses must be pre-paid at the time of registration.

If mailing your payment, make check payable to:

LCOA , Attn: Rosa, 8 Silsbee Street , Lynn, MA 01901

(Expect a phone call confirming your seat.)

Computer Class Descriptions:**Introductions to Computers & Windows XP
(Five Week Course)**

This basic introductory course is for students with little or no experience. This five week course introduces the beginner to learn the basics in keyboard and mouse operations, basic computer operations including Input, Output, Processing, and Storage. The student will learn the basics of Window XP and its functionalities, basic Word Processing and Terminology.

10:00 a.m. – 11:00 a.m.

Cost: \$50.00

**Introduction to the Internet
(Five Week Course)**

This introductory course is for students with little or no internet experience. This four week beginner course introduces the student to the concept of the Internet and the World Wide Web (WWW). The student will learn the basics of the Internet, Search Engines, Website access, creating an Email account, Sending and Receiving Emails, Downloading, the basics of Voice and Video Chat, Forums & User Groups, and Terminology.

11:15 p.m. – 12:15 p.m.

Cost: \$50.00

Computer Class Schedule:

Mondays: June 4th, 11th, 18th, 25th, July 2nd

Computer room is open to all seniors.

Must sign a compliance policy and procedure form and
swipe membership card .

Computer Room Hours of Operation:

Monday - Friday

8am-4pm

Closed: Mondays and 3rd Fridays

1pm-4pm

IN LOVING MEMORY...

In loving memory of George A. Sutton
~James and Charlotte Bell

In loving memory of Arthur LeBlanc
~Sadly missed.... Ethel Forse

In loving memory of Arthur LeBlanc
~ Sadly missed... Hazel Reinholm

In loving memory of Arthur LeBlanc
~your "wife" Cindy LeBlanc

In loving memory of Arthur LeBlanc
~Janet Martino

In loving memory of Arthur LeBlanc
~Tina Vasil

DEDUCTIBLE DONATION

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support.

Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

In memory of In honor of In appreciation of

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☐
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Person's Name: _____

Send card to: _____

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Chestnut Gardens
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Hair Salon

HAIR BY CHASTITY

MONDAYS
STARTING @ 10:00 AM

WASH & CUT	\$10
WASH, CUT & SET	\$15
COLOR	\$20
BRAIDS	\$20 & UP
LAYERING	\$15
WEAVES	\$20 & UP

WALK-IN OR APPOINTMENTS

SOPHIE'S SALON

WEDNESDAYS
9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

EYEGLOSS CLINIC

May 1st
10:00 am—11:00 am
By: Mr. Specs

BLOOD SUGAR TESTING

May 8th
8:00 am—9:30 am *note time change*
Nurse available for any health questions.

BLOOD PRESSURE

May 8th
8:00 am—9:30 am *Note time change*
Nurse available for any health questions.

PODIATRIST

May 17th
10:00 am—12:00 pm
Call for appointment. Bring Insurance Card

MASSAGE THERAPY

May 11th and May 25th
1:00 pm—3:00 pm
Call for appointment.

LYNN COUNCIL ON AGING SENIOR CENTER

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